

# McGuire Airtides



Vol. 56, No. 48

McGuire AFB, NJ

Dec. 2, 2005

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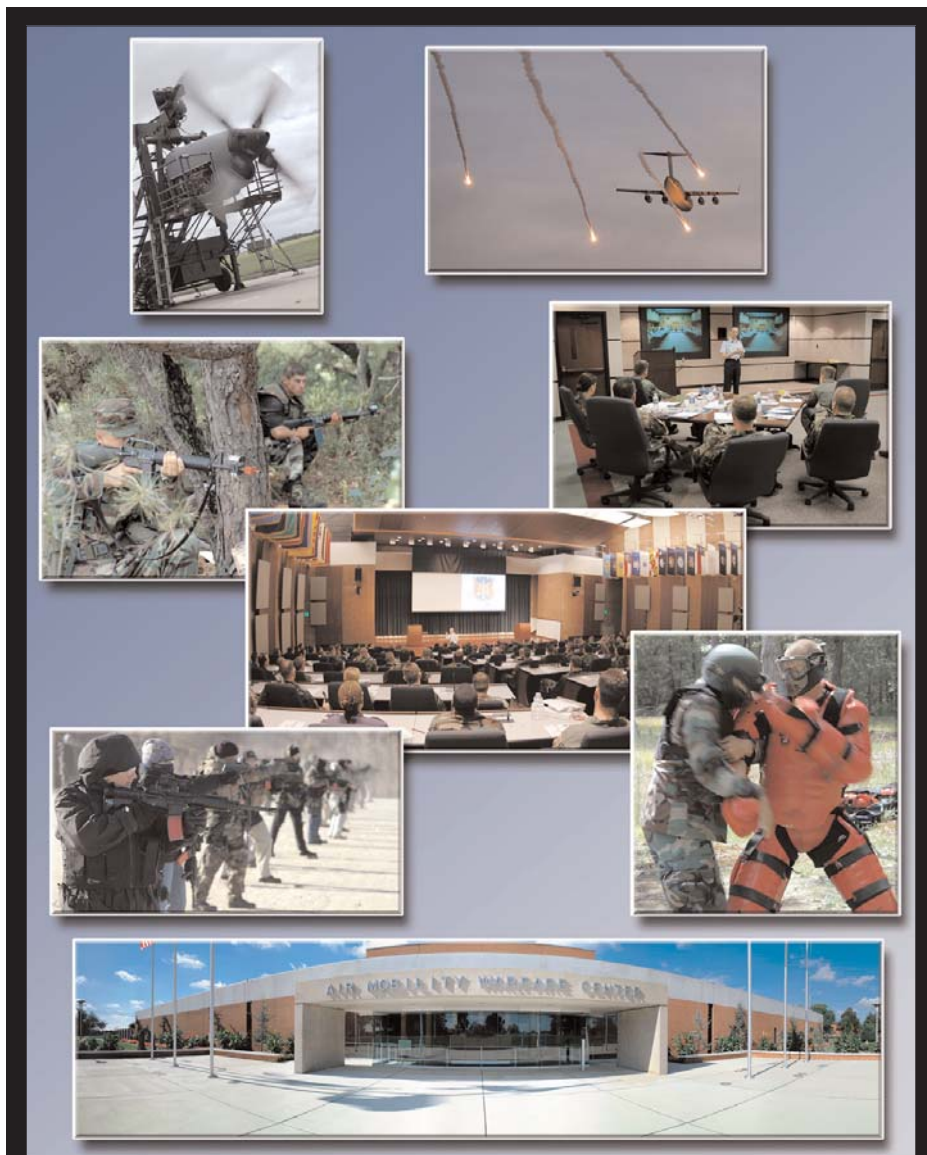
### Thursday

Partly cloudy  
High: 45° Low: 31°



### Friday

Partly cloudy  
High: 46° Low: 26°



Graphic by Air Mobility Warfare Center Multimedia Office

*Gearing up with the ...*  
**AIR MOBILITY WARFARE CENTER**

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# Commander visits headquarters AMC, meets leadership

This past week Chief Master Sgt. Roger Ball and I had the pleasure of joining the leadership from each of our McGuire mission partners as we attended the 18th Air Force change of command and retirement of Lt. Gen. William Welser III at Scott AFB, Ill. The Air Force superbly honored Lt. Gen. and Mrs. Welser for their legacy of leadership and superb support to Airmen and all Air Force families. We now have another great leader as we welcome Maj. Gen. and Mrs. James Hawkins to the helm of 18th Air Force. Immediately after the ceremony, General Hawkins shared his vision with all 18th Air Force commanders and command chiefs and expressed his appreciation for all that we do to accomplish the mission, protect the force and take care of the people. General Hawkins takes the reins with a great deal of war-fighting experience, and we look forward to the continued successes of 18th Air Force.

While at Scott AFB, I received a wing commander's orientation hosted by our Air Mobility Command leadership. Not only did I get the opportunity to meet with each of the functional leaders on

the AMC staff, I also met with the AMC commander and command chief, 18th AF commander and Tanker Airlift Control Center commander. It was an honor to hear their commendation for Team McGuire and the 305th AMW. You are a vital part of our global mobility mission - keep up the great work and significant contributions you are making day in and day out!

I also attended, along with Dottie Tannis of the 305th Civilian Personnel Office, a valuable executive conference hosted by Headquarters AMC on the National Security Personnel System. There is much planning, work and training to do as we implement this comprehensive new civilian personnel system in the coming months. Gordon England, NSPS senior executive, states "NSPS is a win-win-win system ... a win for our employees, a win for our military and a win for our nation." Thanks for your continued effort and teamwork to make this a success at McGuire.

Next week, Team McGuire is proud to welcome Brig. Gen. Jarisse Sanborn, AMC Staff Judge

Advocate, to McGuire. During her visit, she plans to visit the 305th Air Mobility Wing, Air Mobility Warfare Center and 21st Expeditionary Mobility Task Force commanders and their legal staffs.

Next week, we also welcome Col. Bill Malec and his AMC Air Traffic System Evaluation Program team members to McGuire. The team will evaluate our air traffic system's ability to meet safety standards and operational requirements. Let's show Brig. Gen. Sanborn and the ATSEP team the renowned McGuire teamwork and "Can Do" spirit of the 305th.

Finally, I look forward to seeing you at our holiday tree lighting and holiday card dedication ceremony Wednesday at 5 p.m. I encourage each squadron or unit to inspire McGuire with your holiday spirit and creativity. Come on out to this ceremony and enjoy some holiday festivities with your Team McGuire family! Happy Holidays and Can Do!

— Col. Rick Martin

305th Air Mobility Wing commander

## Examining equipment



Photo by Denise Gould

Chief Master Sgt. Robert Reschke, 305th Aerial Port Squadron superintendent, explains to Col. Rick Martin, 305th Air Mobility Wing commander, about the different equipment being loaded onto a C-17.

## Did you know?

The heaviest and arguably most awkward single piece of cargo ever loaded on McGuire's flightline was carefully hoisted onto a Douglas C-133 Cargomaster this week in 1967 — a satellite-tracking 45,000-pound radar antenna section bound for Hawaii. Aerial porters used a special 25-ton lifting crane, two massive forklifts and a heavy duty

tow tractor to wedge it onto the aircraft.

C-133s, stationed at Travis Air Force Base, Calif., and Dover AFB, Del., broke several records with its massive payload lift capability during its operational lifetime and were frequent visitors to McGuire's busy port facility. The C-133 was replaced by the C-5 Galaxy in the early 1970s.

## Action Line

The Action Line is an integral part of the base feedback network. Use the chain of command first to address your concerns.

If you are not satisfied with the response or you are unable to resolve the problem

or concern, call the Action Line at 754-3247 or send an e-mail to [action.line@mcguire.af.mil](mailto:action.line@mcguire.af.mil).

Leave your name and number in case more information from you is needed to address your concern.

## McGuire Airtides

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# Leadership: 'Yeah, I'm talking to you'

By Maj. Gen. Scott Gray

Air Mobility Warfare Center commander

As a general officer, I am frequently in front of audiences talking about leadership. One of my favorite groups to address is the Airman Leadership School.

In my discussions with them and every group I face, I always ask two questions: First, has anyone ever worked for a bad boss or leader?

Unfortunately, 75 percent or more of the hands reach for the sky. I then ask for examples of what made these leaders bad.

The answers are normally the same: Not involved with his or her subordinates; not concerned about me or my training; is concerned only with his or her advancement, at any cost; lacks integrity; doesn't support the boss or the mission; is a tyrant to work for — frequently screams and yells at folks; harasses people or condones it on and off duty; doesn't know the mission and doesn't trust those who do; sets low standards for himself or herself;

"If the Air Force is going to excel and get the most out of our people, we must reverse the negative leadership examples."

— Maj. Gen. Scott Gray

Air Mobility Warfare Center commander

and allowing the shop to skate by.

You get my drift and may have met some of these leaders yourself.

The second leadership question is: Have any of you worked for great leaders, and what made them great?

Sadly, fewer than 25 percent of the hands go up, but those that do are raised with enthusiasm.

Their examples are exactly what you would expect and hope for in our Air Force leaders:

Integrity; concerned about me, my develop-

ment and my family; sets the example on and off duty; lives and breathes the Air Force's core values of "Integrity First, Service Before Self and Excellence In All We Do;" sets high standards for themselves and our shop; takes none of the credit for the good stuff we do, but takes all of the blame for the bad; praises in public, kicks tail in private; loves his job, his life and his family; and makes work fun.

If the Air Force is going to excel and get the most out of our people, we must reverse the negative leadership examples. Our people are our most important asset. We need to treat them as such.

I'm challenging all leaders and supervisors at Team McGuire to look in the mirror and reflect on our own strengths and weaknesses, then set out to improve ourselves, so our people can realize their full potential. When we do that, we can take the Air Force to even greater levels.

It is the best investment we can make for our greatest asset — our Airmen and their families. Your Airmen need you to be great.

As for me, I'm heading to the mirror.

## The last plane home

### Airman recalls a solemn day in desert, paying respect to fallen comrade

By Tech. Sgt. John Gazaway

176th Civil Engineer Squadron

**SOUTHWEST ASIA** — It was still dark on the runway when we gathered. Most of us were standing on an asphalt runway. I was just one more in a milling mass of uniforms.

It probably wouldn't be appropriate to say how many are stationed here, but we comprise a small city — about the size of Bethel, Alaska.

One thing the military does well is organize milling masses. Before long, the first sergeants and officers were calling people out. We slowly shook ourselves into organized groups — with long ranks of Soldiers facing long ranks of Airmen across a short stretch of

pavement leading to the open bay of the C-130 Hercules.

I won't say this was a solemn group, but there was none of the usual griping heard from a large group being herded into a ceremonial formation.

We waited in the position of parade rest for a considerable period of time. Then echoing down the ranks, the words repeated by each level of leadership, came the command "Attention."

Shortly after came the command, "Present arms" as the official party came past.

From my place — many ranks back in my squadron formation — I could only see the heads of the official escort between the bent and unwavering arms of the men and women before me.

Twelve men, all Army, accompanied the coffin. I

"I was proud to be there in the desert darkness with my fellow Soldiers and Airmen, paying our last respects to a fallen comrade-in-arms."

— Tech. Sgt. John Gazaway

176th Civil Engineer Squadron

couldn't see through the ranks of heads and arms. I could only watch the helmet covered heads of the pallbearers bearing their burden. And I could see they were young and terribly serious.

Words were said, the coffin was carefully loaded aboard the airplane and the ramp closed.

We were dismissed.

To this day I do not know who died. Clearly

this person was known to the command and to family and friends, but for those of us drawn up in the early morning dark, this was our own unknown soldier.

As American citizens, we expect to have access to all the facts all the time. But as American military members, the rules and our own expectations are somewhat different. There are situations where a multitude of

detailed facts only obscure the central issue.

I'm comfortable with not knowing the details because the ultimate truth is clear. A young American died serving his or her country in a foreign land far from home.

Another truth was that I was proud to be there in the desert darkness with my fellow Soldiers and Airmen, paying our last respects to a fallen comrade-in-arms.

Sometime later, my squad mate and I were driving across the base and we saw the C-130 slowly, like a pregnant guppy, climb into the early morning sky. Behind it the bright yellow ball of the desert sun was just crawling above the horizon.

I could only hope this Soldier had a smooth flight home.

# 18th AF commander retires after 34 years of service

By Tech. Sgt.

Mark Diamond  
Air Mobility Command  
Public Affairs

**SCOTT AIR FORCE BASE, Ill.** — After 34 years of military service, Lt. Gen. William Welser III says he is retiring from the Air Force with pride, inspiration and faith: “pride” in an Air Force legacy he helped build; “inspiration” from the men and women who serve in today’s military; and “faith” in the next generation of Airmen.

General Welser, commander of Air Mobility Command’s 18th Air Force, retired Thursday.

Born in Mineola, N.Y., the general received his commission in 1971 through the Air Force Reserve Officer Training Corps program at the University of Buffalo.

Although ROTC was the vehicle he chose to kick-start his military career, General Welser’s passion for the Air Force was kindled years earlier, thanks to his uncle, a chief master sergeant.

“We always enjoyed

going to Griffiss Air Force Base (N.Y.) and visiting ‘the Chief,’ and when I had a chance to join Air Force ROTC, those visits influenced my decision,” he said. “The Chief taught me a lot about being a maintenance officer and the need to listen to my NCOs. Even today, when I work with our wing commanders and command chiefs, I think about his advice.”

General Welser said the motivation provided by his uncle and the values taught by his parents, coupled with the education provided by the Air Force, made serving in the Air Force the perfect choice for him.

After receiving a bachelor’s degree in biology and his commission, General Welser attended the maintenance officer course at Chanute AFB, Ill. He then served as a maintenance officer at Norton AFB, Calif., and Ubon, Thailand. While at Ubon, he applied for pilot training and earned his wings at Columbus AFB, Miss., in 1975.

Although he spent only four years on the flightline,

*“With ‘graduation’ upon us, we want to thank each of you for the friendships that have made our career so rich and fulfilling. We have been blessed in so many ways and are thankful for the privilege to have commanded and served our nation.*

*Together we have made history while exporting freedom and saving countless lives around the world. We appreciate the energy, dedication, sacrifice and vision of those past, present and future who have taken an oath to defend our way of life. And although we’ll miss active duty, we depart knowing that our ‘Multi-Service, Total Force Family’ will always respond to defend the freedoms we all hold dear. God bless you and your families ... and God bless America!”*

— Bill and Sue Welser

the general admitted that his experience there inspired him to continue his service. “Once you get the flightline in your blood, it’s there to stay,” he said.

Although the flightline provided the early foundation for his career, he said earning his wings was a defining moment — the point when he and his wife, Sue, decided to make the Air Force a career.

From being an instructor pilot to current operations, operations officer and squadron commander, with flying, schools, temporary duty, deployments and great assignments behind them, the general said, he and Sue became very passionate about serving in the Air Force. “We loved what we were doing and enjoyed serving our

country,” he said.

As he moved into senior leadership positions, he realized there was much more he could accomplish for the troops and their families.

“I’ve always known that a good portion of the work that gets done in the Air Force is accomplished by our enlisted troops, and all they ever ask for is good leadership. There is no doubt, if you take care of the troops, they will take care of the mission,” General Welser said.

He said that as he moved between command and staff positions, he kept having fun because there were always new challenges, together with opportunities to learn, meet new people, and begin new family friendships.

“Suddenly, 20 years have passed and you find yourself as a colonel wing commander who’s responsible for the troops and their families. An awesome responsibility, you quickly realize that your actions and decisions are shaping the Air Force,” he said.

During the first 32 years of his career, General Welser commanded at the squadron, wing and headquarters level, but he said he was as surprised as anyone when selected to lead AMC’s then-newly-reactivated 18th Air Force.

“Leading the 18th Air Force has been an incredible experience, and it will always be special to us,” he

said. “Being responsible for the Total Force warfighting team of this command is something I have taken very seriously, and I will miss commanding the troops.”

General Welser has led the numbered air force with a passion that could be described as “tough love.” He said he believes in being aggressive, persistent and tenacious. At the same time, he has prided himself in taking care of his people while expanding their diversity and their ability to become future leaders. He said he expects the best from his people, and that often means taking them out of their “comfort zone.”

“Once you’re out of your comfort zone, you develop new skills; you become a better follower, a better leader, a better warfighter and a better person,” explained the general.

But according to General Welser, “warfighting” was only one of the aspects that drove his command. To the general, the 18th Air Force motto, “A war-fit, war-fighting family having fun!” isn’t just a catchy alliteration of words — it’s a road map to professional and personal success.

In fact, during a career that spans more than three decades, General Welser said one of his most significant accomplishments is the concept of family — his immediate family and his extended family.



Photo by Kenn Mann

Lt. Gen. William Welser III and his wife, Sue, get a tour of the medical clinic while visiting McGuire earlier this year. General Welser, commander of Air Mobility Command’s 18th Air Force, retired Thursday.

See WELSER on page 8

## Team McGuire welcomes

*Brig. Gen.  
Jarisse Sanborn*



Brig. Gen. Jarisse Sanborn is chief counsel, Headquarters United States Transportation Command, and staff judge advocate, Headquarters Air Mobility Command, Scott Air Force Base, Ill.

During her visit, General Sanborn is scheduled to visit the 305th Air Mobility Wing, Air Mobility Warfare Center and 21st Expeditionary Mobility Task Force.

## Trading Spaces

Two McGuire families are featured on this week's episode of Trading Spaces.

The program is scheduled to air Saturday at 9 p.m. on The Learning Channel.

Trading Spaces, now in its sixth season, is a show where neighbors trade spaces and redesign a room on a budget.

In this episode, they redecorate military style on McGuire. With a \$3,000 room-budget, carpenters and decorators create a welcoming home decor.

# Base lights holiday tree in ceremony

**By Airman 1st Class  
Rachel Martinez**  
Staff writer

In an annual tradition, the chapel staff is hosting a tree lighting ceremony Dec. 7 at 5 p.m. at Chapel I.

The ceremony is intended to jump start the holiday season celebrations.

"This is a wing function open to everyone," said Chaplain (Capt.) Daniel Thompson, 305th Air Mobility Wing

Contemporary Service chaplain. "Everyone, regardless of faith, is welcome to come out and enjoy it."

The ceremony will feature caroling, remarks by the wing commander and a surprise visitor. Following the lighting of the tree, the visitor will be available inside the Chapel I annex to talk with children about their holiday wishes. Everyone in attendance is welcome to enjoy some free hot cocoa and candy as well.

"Anytime you celebrate something

like this, it brings people together," Chaplain Thompson said. "We encourage people to come together to celebrate the season."

More than 200 people attended last year's tree lighting ceremony.

"We are hoping for an even better turn out this year, but it depends on the weather," said Chaplain Thompson. "We're telling people to bundle up, bring a camera and a joyful heart."

## Operation Santa Claus brings Christmas cheer

**By Airman 1st Class Rachel Martinez**  
Staff writer

Team McGuire, in cooperation with Fort Dix, is gearing up for a special holiday operation.

Operation Santa Claus provides new and used toys to children of military families.

Army Staff Sgt. Samuel Divita founded Operation Santa Claus in 1958. As part of the 5th Training Brigade at Fort Dix, he began purchasing toys out of his own pocket and distributing them to needy children of soldiers within his unit. The operation grew, and people began donating money, new and used toys. Eventually, the non-profit organization grew to include all Department of Defense personnel in the McGuire and Fort Dix area.

Toys are available to servicemembers E-4 and below. To take advantage of the operation, servicemembers must contact their first sergeant or commander for an eligibility form. Once the form is completed and returned, the servicemember calls the operation headquarters and makes an appointment to shop.

The Operation Santa Claus base of operations is set up like a store, in Building 5343 on Fort Dix. Shoppers are allowed to choose three new toys and three used toys for each of their children. In addition to those six toys, they can help themselves to many books, stuffed animals and stocking stuffers. Shoppers are entitled to one used bike for each child, while supplies last.

"People are often surprised by all the stuff we have," said Vince Bowker, Operation Santa Claus "head elf."

The huge inventory is the result of numerous donations from the local community.

"A couple hundred toys and more than 60 bikes were donated this year alone," said Mr. Bowker. "We get so many donations, it's hard to keep track."

While donations are collected throughout the year, the operation gains momentum during the holiday season. Team McGuire gets involved during this time. Each unit, and several clubs on base, take turns manning a donation booth at the Base Exchange. Beginning Saturday through Dec. 23, Operation Santa Claus will collect used toys in good condition, new toys under \$25 and monetary donations.

"A lot of younger servicemembers might not be able

to provide a nice Christmas for their families," said Master Sgt. Mike Hayward, 305th Maintenance Operations Squadron first sergeant. "The operation is a lot like 'Toys for Tots,' but with a military spin. It lets our folks know we care."

To take part in the operation, members should contact their first sergeant. To volunteer at the store, cleaning used toys or stocking shelves, call Mr. Bowker at 562-3825. To volunteer at the donation booths, call Sergeant Hayward at 754-5162.



Photo by Senior Airman Ashley DiFalco

Donnamarie Brannan, Operation Santa Claus secretary, stocks toys in preparation for the increase in the holiday tempo. Last year, Operation Santa Claus gave out three thousand new toys – which doesn't include the thousands of used and donated toys they also gave out.

## WELSER

*Continued from page 5*

When the general talks about his extended family, he's talking about the men and women of the U.S. Air Force — a family he says "passionately exports freedom and democracy."

"Our job is to respond to world events," he said. "We are a country at war. On Sept. 11, 2001, our country was attacked, and we responded. And when faced with a tsunami in the Pacific, hurricanes on the Gulf Coast and an earthquake in Pakistan, we were ready to respond to those events as well."

When the general talks about his immediate family, he's talking about Sue and their children — a wife who serves with him, and four children and a son-in-law who have Air Force careers of their own (four on active duty and one in the Reserve).

"The Total Force Air Force has become the family business," he said. "And we're very proud of that."

General Welsler said he sees a bright future for our military services. "Just like with my own kids, I believe the young men and women in today's Air Force have lots of potential. If you give them opportunity and encouragement, they will step up to the toughest challenges and succeed."

He said, today's Air Force is much different than the one he joined in the early 70's, but it's still "people, people, people ... the troops are our number one asset."

"In my 34 and a half years, I've seen the Air Force improve significantly, but for us, it's time to pass it on to the next generation, who will take us to the next level," he said.

After 20 moves, General Welsler looks back on each assignment much the same as an architect does when he views his own work.

"Every place we've been, we've simply put a new brick on the foundation, and the next person puts on another, and pretty soon the building begins to take shape," the general explained. "We've added a couple bricks on the foundation of 18th Air Force started by Col. Earl and Virginia Young in 1951. Maj. Gen. Jim and Linda Hawkins, and those who follow, will now have the opportunity to build upon that foundation ... we wish them luck!"

## AETC special-duty assignment team to visit

Have you ever been interested in becoming a recruiter, military training instructor, military training leader, technical training instructor or professional military education instructor? If so, the Air Education and Training Command Special-Duty Assignment Team is offering the opportunity you have been seeking. The AETC team will host a special-duty assignment briefing from 8:30 to 10:30 a.m. Dec. 15 in the Airman Leadership School auditorium.

There are few jobs in the Air Force more challenging, satisfying and rewarding than an AETC special duty assignment. If you're an airman first class with at least 24 months time-in-service through master sergeant with less than 17 years total active federal military service, the AETC Special-Duty Assignment Team invites you to attend their briefing and learn more

about these challenging careers.

Enlisted personnel from all Air Force Specialty Codes, who meet the criteria, are eligible to apply for these positions and are encouraged to attend the briefing. Spouses of potential applicants are also invited. Members of the recruiter screening team and the MTI recruiting team will conduct the briefing.

"Recruiters are responsible for the number and quality of young men and women who enlist and begin their Air Force careers. We are the first to touch the lives of our future Airmen," said Master Sgt. Andrew Sites, NCO in charge of the recruiter screening team. "One of our best entitlements is the opportunity to choose your own recruiting assignment from more than 1,100 possible locations."

"Everyone remembers their MTI," said Master Sgt. Antoinette

Williams, MTI recruiting team superintendent. "The MTI sets the stage for each individual's success in the Air Force and mentors hundreds of new Air Force members. The job is filled with substantial rewards for those who want to have a hand in molding our future Airmen. Besides these intangible benefits, we also are entitled to special-duty assignment pay and an annual supplemental clothing allowance."

The team can expedite the processing of an applicant's special-duty application if the applicant brings the completed application with them to the briefing. To obtain a copy of the special-duty application, contact Senior Master Sgt. Gerald Alexander, wing career advisor, at 754-4636.

— Courtesy of the AETC Special-Duty Assignment Team

## Crime Stoppers

*McGuire security forces responded to the following calls Nov. 19 to 24.*

*Members with any information about the events listed below should call the security forces investigation section at 754-4057.*

### Nov. 19

- The New Jersey State Police Department reported that a McGuire member was arrested for failure to appear in court. Contact was made with the member's first sergeant, who was briefed on the incident and a report was filed.

- Security forces apprehended the husband of an individual for trespassing on base. The person was issued a U.S. District Court violation notice for trespassing and was released on his own recognizance.

### Nov. 20

- An AAFES gas station employee reported that unknown person(s) stole \$20.11 in gasoline from an AAFES gas station. A black Dodge Intrepid with New York license plates filled up with gas and drove off without paying. Patrols were unable to find the vehicle.

- Security forces contacted a member, who was operating a gray 1989 Nissan, and another, who was operating a red 1996 Chevrolet truck, regarding a possible vehicle collision. The investigation revealed that the driver of the Nissan was speeding through the parking lot of Building 2612 and struck the truck on the front passenger's side bumper. The driver of the Nissan was issued a DD Form 1408 for inattentive driving.

- A citizen reported that the wife of a military member was at her home and had been assaulted by her husband. Security forces contacted the spouse,



who confirmed her husband had assaulted her during an argument. The husband was apprehended for Article 128/Assault and placed in a detention cell. The spouse declined medical treatment.

### Nov. 21

- An individual reported that unknown person(s) damaged the dayroom of Dormitory 2720. There were several holes in the wall made by billiard balls and a fork stuck in the ceiling of the room.

### Nov. 23

- A civilian employee reported that unknown person(s) stole two hubcaps off her Volvo, while parked in the parking lot of Building 1907. The hubcaps were stolen between the hours of 8:10 a.m. and 1 p.m.

### Nov. 24

- An individual reported that unknown individual(s) broke in and vandalized her dorm room in Building 2424. The suspect(s) gained access through the window. The responding security forces patrolmen discovered two suspects in another dorm room and made contact with them. The two suspects verbally stated they were not involved in the incident. They were transported to Building 1738 for questioning. The two suspects were advised of their rights IAW Article 31 of the UCMJ, for the suspected offenses: Article 92, Failure to Obey an Order or Regulation (underage drinking); Article 92, Failure to Obey an Order or Regulation (sleeping in the dormitory room of the opposite sex); and Article 130, House Breaking.

# WARFARE CENTER TRAINING PREPARES AIRMEN FOR DEPLOYMENTS

By Senior Master Sgt. Paula Paige  
Air Mobility Warfare Center Public Affairs

Drive down Texas Avenue, on the Army side of the land shared by Fort Dix and McGuire, and the sleek Air Mobility Warfare Center is a vibrant sight. Framed by a striking concrete arch, well-groomed lawns and an expansive, glass front door, the AMWC headquarters building is a testament of architectural excellence. A tree-lined, outdoor-garden courtyard is the central focus of its H-shaped interior, with branches leading to the offices responsible for training, testing and educating Airmen in all aspects of air mobility.

But don't be fooled by the polished facade; the Warfare Center is in the serious business of training Airmen for war.

"Our job is simple," said Maj. Gen. Scott Gray, AMWC commander. "We provide the best training in the world to the best Airmen in the world, so they are ready, at a moment's notice, to deploy anywhere in the world and

successfully accomplish their mission."

With five organizations — the Mobility Weapons School, the Expeditionary Operations School, the Mobility Operations School, the Air Mobility Battlelab and the Resources Directorate — the Warfare Center is part of Air Mobility Command and a tenant unit to the active-duty's 305th Air Mobility Wing at McGuire.

Established in 1994, the Warfare Center employs 554 personnel located in seven locations across the nation. Besides the Fort Dix-McGuire location, the other sites are at Hurlburt Field, Fla.; Scott AFB, Ill.; Fort Leavenworth, Kan.; Nellis AFB, Nev.; Little Rock AFB, Ark.; and Fairchild AFB, Wash. The Warfare Center oper-

ates on a \$73.9 million annual budget, with 5,000 students attending its 56 courses each year; an additional 7,000 people take distance-learning courses.

The AMWC's Expeditionary Operations School "sharpens the blades" in the most realistic deployed operations support scenarios, preparing troops and leadership for running and protecting AMC assets at forward operating bases, General Gray said.

While the Mobility Weapons School focuses on maintaining and developing combat readiness capability, the Mobility Operations School provides direction of mobility forces training and courses in maintenance, operations, communications and transportation.

The Air Mobility Battlelab serves as a research incubator, demonstrating

new technologies and procedures for airlift and tanker operations, aeromedical evacuation, information technology and air mobility support. The primary focus is to evaluate the military utility of off-the-shelf technology, which may improve the efficiency and effectiveness of AMC operations.

Holding it all together is the Resources Directorate supporting every function, including manpower, funding, facilities and communications infrastructure.

"Whether your specialty is security forces, operations, communications or even from a sister service, we have what you need to support the air mobility process," General Gray said, adding that America's Global War on Terrorism has made the Warfare Center's mission even more critical.

"With our Eagle Flag exercises, contingency skills training and weapons instructor courses, we are on the leading edge of training our Airmen to deploy and take the fight to the enemy," he said. "Our battlelab is seeking new technologies to aid the warriors. The AMWC exists to help in these troubled times."



Photo by Staff Sgt. Tanaya Harms

Staff Sgts. Rudolph Stuart and Kerry Patton, Raven instructors, demonstrate a low-guard hand position for proper ground-and-pound defense used in ground fighting. The Phoenix Raven course qualifies selected security forces personnel to perform as members of a force protection team assigned to deployed Air Mobility Command aircraft.

Right, An Airman deployed to the 421st Air Expeditionary Group provides security at a simulated deployed location at the Air Force's Eagle Flag exercise at Naval Air Engineering Station Lakehurst, N.J. Airmen from across the Air Force deployed as part of the exercise, which is designed to test expeditionary combat support capabilities. The exercise is held several times a year and is orchestrated by the U.S. Air Force Expeditionary Operations School's 421st Combat Training Squadron at the Air Mobility Warfare Center on Fort Dix.



Photo by Staff Sgt. Tanaya Harms



Photo by Staff Sgt. Tanaya Harms

Staff Sgt. Thomas Grubbs, 421st Combat Training Squadron combat skills training instructor, demonstrates a close quarters maneuver during combat skills training.



Courtesy photo

Contractors for the Air Mobility Battlelab discuss the C-130 In-Flight Propeller Balancing System, during the battlelab's demonstration to test the equipment.



Photo by Joseph Narbutowich

Capt. Jay Butterfield from the 509th Weapons Squadron, Fairchild AFB, Wash., a student trains on a KC-135 weapons system.

## In the 'Can Do' Spotlight

**Rank/name:** Staff Sgt. Timothy Ledford

**Age:** 32

**Hometown:** Muskegon, Mich.

**Family:** Wife, Brandee, and daughters, Megan, Molly and Madalin

**Duty title/unit:** NCO in charge of phase management/scheduling, 57th Weapons Squadron, Air Mobility Warfare Center

**Time in service:** Eleven years in the Air Force, two years at McGuire

**What I like most about being stationed at McGuire:** The proximity to major cities

**The military member who's influenced my career the most is** Staff Sgt. Gregg Drury.

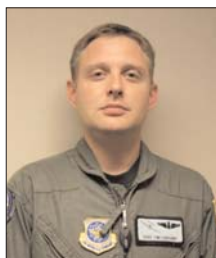
**My proudest military moment is each time I** complete a mission and realize I've done something that matters.

**Dream job:** Zamboni driver for the Detroit Red Wings

**Motto:** "Adversity builds character."

**Supervisor's comments:** "Sergeant Ledford is one of the finest NCOs the Air Mobility Warfare Center has to offer. He exemplifies what is great about all young Airmen in the United States Air Force. Not only is he a well-trained and an extremely capable C-17 loadmaster instructor, he's an 'Airmen Leader.' He's a problem-solver who I rely on daily to accomplish the mission. The Air Force is blessed to have an NCO like Sergeant Ledford."

— Lt. Col. John Roscoe  
57th WPS commander



**Staff Sgt.  
Timothy Ledford**

## Chapel sweetens up holidays

**By Senior Airman  
Ashley DiFalco**  
Staff writer

The chapel staff is sponsoring its annual cookie drive for dorm residents and is accepting donations now through Dec. 12.

The drive is a way to "sweeten up" the dorm resident's holiday, said Aimee Matz, cookie drive chairperson. The first cookie drive began in 2003, when a chapel member felt the need to show base Airmen their appreciation. The chapel member found the program successful at other bases, and it has been just as successful at McGuire, Ms. Matz added.

The chapel is asking McGuire community mem-

bers to participate. People can participate by baking cookies and putting them in zipper-sealed bags, six cookies each. People may drop off the cookies at either chapel before or during regular weekend services or bring them to the Chapel I annex between 7:30 and 9:30 a.m. Dec. 12.

"Our goal this year is to give at least a dozen cookies to every dorm resident," said Ms. Matz. "Currently, there are approximately 630 Airmen living in the dorms."

Last year the Chapels received more than 450 dozen cookies.

"A lot of the Airmen don't have family close by, or it might be their first

holiday away from home," said Ms. Matz. "We want them to know their military family appreciates them."

Anyone wishing to help fill the bags with cookies and count them out for squadrons can volunteer Dec. 12 at Chapel I. For more information, call Ms. Matz at 723-3324.



## Can Do Crew

The "Can Do Crew" would like to recognize **Airman 1st Class Aldo Hinojosa**, 305th Civil Engineer Squadron. As a civil engineering readiness apprentice, Airman Hinojosa has gone above and beyond to make the mission happen. Airman Hinojosa puts forth great effort in teaching and preparing Airmen from all around Team McGuire on ways to survive in a chemical or biological environment, by providing critical skills needed in combat situations. He never shies away from working late, preparing others for deployment or

building up cargo pallets for shipment down range. Further, Airman Hinojosa volunteers for many off-duty squadron functions even though his work schedule is not always predictable.

Be aware that the "Can Do Crew" is everywhere, looking for outstanding service. They covertly seek members of Team McGuire who make a difference, identifying and recognizing only the best. Remember, the strongest asset of Team McGuire is its people; they are what make McGuire a better place to live, work and play.

## What's My Line?

### The rules

1. Write a humorous or imaginative caption or cutline.
2. All entries must be submitted by noon Monday. Forward e-mail to [airtides@mcguire.af.mil](mailto:airtides@mcguire.af.mil) or drop off entries at the 305th Air Mobility Wing Public Affairs office.
3. Entries are limited to two captions or cutlines per person.
4. The person with the funniest or most imaginative caption or cutline gets a 305th Services Squadron grab bag, which includes a variety of freebies.
5. Prizes are provided by the 305th Services Squadron. Winners can pick up their prize at the 305th Services Marketing office, Building 2905, at Pudgy Circle.



Winner: "Hey, who's side are you on? I'm your handler."

—Pete Vigliarolo  
305th Aerial Port Squadron



Write a caption or cutline for this photo. The writer whose caption or cutline is the funniest or most imaginative will be printed in the following week's issue.

## At the Movies

**Friday**  
**"Elizabethtown"**  
 Rated PG-13

**Saturday**  
**"In Her Shoes"**  
 Rated PG-13

**Dec. 9**  
**"Doom"**  
 Rated R

**Dec. 10**  
**"The Fog"**  
 Rated PG-13

Show time is 7:30 p.m. for all movies unless otherwise noted. Ticket prices are: adults \$3.50, children \$1.75.

## Career and Education

### Air National Guard

The New Jersey Air National Guard is offering an enlistment bonus to prior-service members in select AFSCs. New Jersey ANG members are eligible for free college tuition at state-run colleges and universities in addition to their Montgomery GI Bill benefits. For more information, contact the 108th Air Refueling Wing's Recruiting Office at (866) 466-5264 or visit [www.108arw.ang.af.mil](http://www.108arw.ang.af.mil).

### Tuition assistance

Tuition assistance is available online via the Air Force Virtual Education Center Web site at [www.my.af.mil/afveprod](http://www.my.af.mil/afveprod), or via a link on the Air Force Portal. Members are required to have a degree plan on file at the education office. If they do not, they will not be authorized tuition assistance. Online TA is mandatory. For a complete list of necessary steps to apply, visit <https://private.mcguire.af.mil/intrainfo/McGuireAll/2005>.

### Burlington County College

BCC's hours of operation are Monday through Thursday 8:30 a.m. to 3 p.m. and Friday 8:30 a.m. to noon. For more information, visit Building 1911, Room 209, or call 754-2577. The McGuire BCC office has temporarily discontinued placement testing. Placement tests may be taken at the Pemberton-Browns Mills campus by walk-in or appointment. To make an appointment, call 894-9311.

BCC is now accepting registration



**Holiday browsing** — Senior Airman Jason Reid, 818th Global Mobility Squadron air transportation journeyman, looks through seasonal items at the Airmen's Attic in search of some holiday lights. The attic is normally open to E-4s and below, but will host an all-ranks open house Dec. 12 from 10 a.m. to 2 p.m. No referral is needed. The attic will be closed Dec. 26 to Jan. 4.

Photo by Senior Airman Dilia DeGrosso

for the Spring 1 and 2 terms. Spring 1 term runs from Jan. 23 to March 13. The registration deadline for Spring 1 is Jan. 13. Spring 2 term runs from March 20 to May 4. The registration deadline for Spring 2 is March 10.

### Embry-Riddle

Registration for the 06/S1 term begins Tuesday and runs through Jan. 6. The add/drop period is Jan. 9 to 13. Classes start the week of Jan. 9 and run through March 10. The following classes are being offered:

**Monday 5 to 9:45 p.m.**

- ASCI 321/SFTY 320 — Human Factors in Aviation
- ASCI 560 — Rotorcraft Operations
- AMNT 240 — General

**Tuesday 5 to 9:45 p.m.**

- ASCI 636 — Advanced Aviation/Aerospace Planning Systems
- ECON 210 — Microeconomics
- GOVT 340 — American Foreign Policy

**Wednesday 5 to 9:45 p.m.**

- ASCI 405 — Aviation Law
- ASCI 643 — Management of Research and Development for the Aviation/Aerospace Industry

● MATH 140 — College Algebra  
**Thursday 5 to 9:45 p.m.**

● MATH 211 — Statistics with Aviation Application

● AMNT 260 — Aircraft Electrical Systems Theory

● GOVT 320 — American National Government

● ASCI 665 — Applied Experimental Design

**Jan 27, 28 and Feb. 10, 11**

**(Friday from 5 to 9:45 p.m. and Saturday from 8 a.m. to 5 p.m.)**

● ASCI 611 — Aviation/Aerospace Safety Systems

● ASCI 690 — Graduate Research Capstone Project

**Naval Air Station Willow Grove extended classroom**

**Monday 5 to 9:45 p.m.**

● SFTY 345 — Aviation Program Safety Management

Embry-Riddle office hours are Monday through Thursday 9 a.m. to 5 p.m. and Friday 9 a.m. to 1 p.m. For more information, call 754-5353.

### Thomas Edison State College

Thomas Edison offers more than 130 online courses that support Community College of the Air Force degree completion. To register, visit

Building 1911, Room 211, from 9 a.m. to 3 p.m. For details, call 723-1592 or 754-5348.

### Job fair

BCC is hosting a job fair Thursday from 10 a.m. to 2 p.m. in Building 1911, Room 204. For more information, call 894-9311, extension 7541.

### Junior ROTC instructor

Air Force Junior ROTC has an opening for an officer at Woonsocket High School in Woonsocket, R.I.

Each applicant must be a retired active-duty member with less than five years from the effective date of employment (may be waived in exceptional cases). If the applicant is still on active duty, he/she must have applied for retirement to be effective within six months.

For more information, call (866) 235-7682, extension 35275 or 35300. The DSN number is 493-5275 or 493-5300. For a list of other schools and locations, go to [www.afots.af.mil/AFJROTC/Instructors.asp](http://www.afots.af.mil/AFJROTC/Instructors.asp).

## Arts and Crafts

### Arts and Crafts Center

The Fort Dix Arts and Crafts Center, Building 6039, is open Tuesday through Thursday from noon to 5 p.m. and 6 to 8:45 p.m., Friday 11 a.m. to 4:45 p.m., and Saturday 9 a.m. to 4:45 p.m. For a complete list of classes and for more information, call 562-5691.

● **Beginners crocheting class**  
 Tuesday and Dec. 13 from 6 to 9 p.m.

● **Card-making classes**  
 Each participant, ages 12 and older, is entitled to make one free card and envelope. Classes are held at 1 p.m. Friday.

● **Children's craft classes**  
 Saturday — Christmas stocking for children, ages 6 to 12, from 2:30 to 4 p.m. Registration is \$5 plus materials.

● **Crafty birthday parties**  
 Up to two hours of party-room use, one craft project with instruction and all materials, plus a digitally-mastered photo t-shirt for the birthday child. Choices of crafts range from ceramic painting, create-a-critter stuffed animals to jewelry and other popular crafts.

● **Framing qualification class** Pre-registration is required and costs \$10 plus materials purchased the day of class. Students should bring a piece to frame that's no larger than 8 x 10

inches. Upcoming classes are Saturday from 9 to 11:30 a.m., and Wednesday from 6 to 8:30 p.m.

● **Sewing class**

Thursday — Christmas stockings 6:30 to 9:30 p.m.

● **Ceramics studio**

Tuesday, Wednesday and Thursday noon to 5 p.m. and 6 to 9 p.m., Friday 11 a.m. to 5 p.m. and Saturday 9 a.m. to 5 p.m.

● **Kids pottery class**

Saturday, Dec. 10 and 17 for ages 6 to 9, from 10:30 a.m. to noon

● **Tween pottery class**

Saturday, Dec. 10 and 17 for ages 10 to 13, from 1 to 2:30 p.m.

● **Woodshop**

Sundays from 10 a.m. to 5 p.m., Monday, Tuesday and Wednesday, from 6 to 9:30 p.m. Instructors will assist members in designing a project and familiarize them with equipment. A finishing room for staining and varnishing is also available.

## Volunteers

### Tax assistance representatives

Volunteers are needed as income tax assistance representatives. Active-duty members, retirees, civilian employees and family members, age 18 or older, are eligible. VITA representatives assist active-duty members, retirees and their families by filing their state and federal income tax forms. The IRS training class is free. The class will be held Dec. 12 to 14 from 9:30 a.m. to 4 p.m. at the Air Mobility Warfare Center. For more information, contact Tech. Sgt. Cathy DeAbreu at 754-6892.

### Big Brothers/Big Sisters

Big Brothers/Big Sisters of Burlington County is looking for volunteers to mentor youth, ages 5 to 18. For more information, contact Maggie McKelvey at [maggie.mckelvey@burlco-bigs.org](mailto:maggie.mckelvey@burlco-bigs.org) or call 261-4960.

## Miscellaneous

### McGuire 56

McGuire 56 is an organization for Airmen, ranks E-5 and E-6, who actively participate in activities on base. For information or to join, call Staff Sgt. Josh Copeland at 754-3239.

### Fort Dix Holiday Tour of Homes

The Fort Dix Holiday Tour of Homes is Saturday from 5 to 8:30 p.m. The tour starts at the Fort

Dix Museum on Pennsylvania Avenue, and donations will benefit local Habitat for Humanity and military families in need.

Tour attendees will get to see the inside of two of Fort Dix's most historic homes: Quarters One, an old farmhouse believed to have played a part in the Underground Railroad during the Civil War, and One General's Circle, built around 1795 and renamed "The Dix House" in 1984. For more information, call Dona Kenly 521-1255 or send an e-mail to [ftdixtourhomes@yahoo.com](mailto:ftdixtourhomes@yahoo.com).

### Airmen's Attic

Located at 3446 Broidy Ave., the attic is open from 10 a.m. to 2 p.m. Monday, Wednesday and Friday. Clothing for children who wear infant to size 6x, seasonal items, new and used furniture, household items and more are available to servicemembers, E-4 and below, and their spouses. For details, call 754-8703 or 754-5344.

### Rest, relaxation event

The Burlington County Veterans Service office and Trenton Vet Center will host a rest and relaxation event from 10 a.m. to 2 p.m. Thursday at 795 Woodlane Road, Mount Holly, N.J. The event is free and open to veterans and their spouses. Attendees will have access to local, county, state and federal services, as well as hand and chair massage therapy, and hors d'oeuvres. For more information, call 989-2260 or 265-5008.

### Thrift store

The McGuire Officers' Spouses Club Thrift Shop is open Tuesday, Wednesday and Friday from 10 a.m. to 2 p.m. They accept consignments until noon each day. They are also open the first and third Saturday of each month from 10 a.m. to 2 p.m. with consignments only open for furniture. During December and January, the thrift store is scheduled to be open Dec. 8 and 15 from 5 to 7 p.m., and January 12 and 19 from 5 to 7 p.m. Consignments must be arranged with management. The thrift store will be closed Dec. 28 through Dec. 30.

## Kids and Teens

### Youth center activities

For more information about activities hosted by the McGuire Youth Center, call 754-KIDS.

● **Karate classes**

Saturday for beginners, ages 6 to 9,

from 9 to 10:20 a.m.; Saturday for intermediate, ages 10 to 14, from 10:20 to 11:40 a.m.; and Wednesday for advanced students and adults, from 7:30 to 8:45 p.m.

● **Midnight basketball**

10 p.m. to midnight Friday — free

### Cub Scouts

People interested in joining the Cub Scouts can contact Cub Scout Pack 199 by calling Todd Charlesworth at 723-5740.

### Civil Air Patrol

CAP is seeking new members. CAP is a program for youth, ages 12 to 18. It provides leadership training, technical education, powered and non-powered flight orientation, scholarships and career education. For more information, call Maj. Michael Sperry at 239-4616 or send an e-mail to [msperry1@comcast.net](mailto:msperry1@comcast.net).

## Community

### Family support center activities

For more information about FSC events and activities, call 754-3154 or visit <http://public.mcguire.af.mil/fsc>.

● **TAP seminar**

The FSC's Transition Assistance Program seminar is scheduled from 9 a.m. to 4 p.m. Tuesday through Dec. 9 at Building 2906 (Finance), Room 226. For details, call 754-3154.

● **Resume seminar**

A civilian resume-writing seminar is scheduled for today from 10 a.m. to noon at the FSC. Attendees learn to develop a resume, prepare a cover letter, identify employable volunteer skills and more.

● **Baby bundles**

A Bundles for Babies class is scheduled Monday from 9 to 11 a.m. at the FSC. This Air Force Aid Society-sponsored class for military members and active-duty spouses who are expecting a new addition, offers a wealth of information. Class size is limited, and registration is required.

● **Sponsorship training**

Sponsorship training is scheduled for Tuesday from 1 to 2:30 p.m. at the FSC. Attendees will receive Air Force guidelines, maps and other useful information to help incoming members adjust to the McGuire area.

### Family advocacy

For more information about or to register for family advocacy programs, call 754-9680.

● **Pregnancy 101**

Topics help prepare parents for

what to expect throughout pregnancy. Guest speakers include experts from pediatrics, physical therapy, dental, TRICARE, public health, nutrition and family advocacy.

The class is held the second Monday of each month from 9 to 11:30 a.m.

● **Fathers-to-be**

Class is taught by dads, for dads, and is held the third Thursday of each month from 5 to 6:30 p.m.

● **Marriage with babies**

Class topics help expectant parents learn how a new baby can impact their marital relationship.

The class is offered the first Friday of each quarter from 6:30 to 8:30 p.m. at Child Development Center I.

## Spiritual

For more information on spiritual services, call 754-HOPE.

### Worship services

● **Catholic Mass**

Monday through Thursday at 11:35 a.m., Saturday at 5 p.m., Sunday at 9 a.m. at Chapel I

● **Islamic Zuhr prayer**

Monday through Friday at noon at the Fort Dix Chapel

● **Jewish Sabbath worship**

The first and third Friday of each month at 6:30 p.m. at the Fort Dix Chapel

● **Protestant**

Traditional

Sunday, 8 a.m. at Chapel II  
Gospel

Sunday, 11 a.m. at Chapel I  
Contemporary

Sunday, 11 a.m. at Chapel II

● **Wiccan study group**

The first Tuesday each month at 6:30 p.m. at Chapel II

### OCF

The Officers' Christian Fellowship meets for Bible study the first and third Monday of every month at 6:30 p.m. at Chapel II.

### CWOC

The Catholic Women of the Chapel meets the third Sunday of every month at 7 p.m. at the Chapel I annex. Childcare is provided. For more information, call Duska Covacci at 723-2766.

### PWOC

Protestant Women of the Chapel Bible study is Thursday at Chapel II from 9 to 11 a.m. For more information, call Kellie Hill at 732-0981.



## Pigskin Picks

**"The second time is twice as nice. The Steelers are going down."**

— 2nd Lt. Steve Mollica  
305th Air Mobility Wing  
Safety Office

*Lieutenant Mollica missed three guesses and had a Monday-night score of 49*



**Senior Airman Ashley DiFalco**  
Pigskin guru

Each week during football season, the **Airtides** publishes a list of the National Football League games for the upcoming week. Team McGuire members can submit their predictions, including the winner and the total points for the Monday night game.

The person who guesses the most correct outcomes wins a 305th Services Squadron prize.

The person or people with the worst record receives the "You Don't Know Jack" award, which encompasses no physical prize.

This week's "Jack" prize goes to **Senior Master Sgt. John Gwathney**, 305th Mission Support Squadron, who missed seven guesses. Does Carol, his coworker and a Steelers fan, know he didn't pick the Steelers to win?

All entries must be submitted before the opening kickoff of the first game Sunday. If there's a tie for the week, the total points of the Monday game determine the winner. Send an e-mail to [airtides@mcguire.af.mil](mailto:airtides@mcguire.af.mil), with the words "pigskin picks" in the subject line.

### Week 13 games:

#### Sunday

Bills vs. Dolphins  
Falcons vs. Panthers  
Cowboys vs. Giants  
Bengals vs. Steelers  
Packers vs. Bears  
Texans vs. Ravens  
Buccaneers vs. Saints  
Jaguars vs. Browns  
Vikings vs. Lions  
Titans vs. Colts  
Cardinals vs. 49ers  
Redskins vs. Rams  
Jets vs. Patriots  
Broncos vs. Chiefs  
Raiders vs. Chargers

#### Monday

Seahawks vs. Eagles



Don't forget to include your name, rank and telephone number, along with your predicted total points for the Seahawks/Eagles game.

## Therapy aims to rehabilitate body

By Master Sgt. Stephen Testori  
305th Medical Operations Squadron

The phrase "physical therapy" can bring many images to mind; everything from Aunt Martha's new hip, to rehab for your favorite pampered, superstar athlete. In reality, it can be all of these things and more.

Physical therapy, also known as physiotherapy, dates back to ancient Greece and Rome, where treatments as varied as warm baths, exercise and sunlight were used as part of a rehabilitative regimen. It began to mature as a practice in its own towards the end of the 19th century.

Shortly after the outbreak of World War I, the first school of physical therapy was established at Walter Reed Army Hospital in Washington, D.C. Roughly 800 students were trained and saw service as "reconstruction aides."

Unfortunately, wartime proved to be a driving force in the advancement of physical therapy, and the aftermath of both world wars saw rehabilitation becoming a larger part of overall patient care. The positive outcomes and lessons learned from treatment given to veterans eventually expanded into the civilian population; military medicine proved an ideal testing-ground for advancing health care in general.

Today, physical therapy plays a role in a variety of areas: pediatric and geriatric care, cardiac, orthopedic and neurological conditions all benefit from rehabilitative treatment. While therapy may take many forms — traction, electrical stimulation, joint mobilization, ultrasound — the foundation remains therapeutic exercise. It may be



Courtesy photos  
**Maj. Trevor Petrou (left), physical therapist, works with Master Sgt. Stephen Testori, NCO in charge of physical therapy, on some core strengthening using a medicine ball.**

active ("okay, two more reps!") or passive ("okay, this may hurt a little"), depending on the patient's needs.

Physical therapists today can have anything from a bachelor's degree to a doctorate and are educated and trained in applications involving human anatomy, physiology and kinesiology (human movement). In addition to this education, therapists also devote time gaining clinical experience in a variety of settings, ensuring a broad foundation of knowledge to be applied to patient care.

McGuire has two physical therapists, as well as four physical therapy technicians. While the physical therapists prescribe a treatment plan for a patient, the technicians perform the treatment plan with the patient.

The therapists and technicians in McGuire's physical therapy unit deal with post-surgical and orthopedic-related injuries.

"We deal with a lot of sports injuries and on-the-job injuries," said Maj. Susan Davidson, physical therapist. "We also provide briefings to squadrons on how to prevent these types of injuries."

The core of physical therapy is the concept of returning the patient to their activities of daily living as quickly and safely as possible; and, once accomplished, teaching them methods to stay healthy.

"Our goal is to get the patient back to the mission as quickly as possible," said Major Davidson. "Prevention is the cornerstone of physical therapy; therefore, we aim to teach the patient how to take care of his or her injury and how to prevent the injury from recurring."

As the active population continues to grow and age, physical therapy will play a continual role in people's lives. Chances are McGuire members, or someone they know, will benefit from physical therapy some day.



**Maj. Trevor Petrou, physical therapist, does a gait analysis on a patient. During a gait analysis, the way a person walks or runs is evaluated in order to find abnormalities that may cause pain or discomfort.**